

Ways of Communicating that DON'T Help You

Bluffing - Pretending you understand when you don't. Nodding, saying yes, smiling, or pretending that you don't know that the other person said something.

Negative thinking - Thinking others are talking about you. Having a bad or down attitude when others are talking around you and you feel left out. Being bored or seeming to not care.

Avoiding - Refusing to join into conversations or playing with others. Daydreaming, staying at home, and not spending time with other people your own age.

Escaping - Turning off your hearing aids or cochlear implant, running away from participating in activities, spacing out, abusing drugs, etc.

Developing physical problems (related to worrying about communicating) - Having headaches, eye strain, stomach aches, sweaty palms, etc.

Denying - Believing everything is fine or there is no problem with there really is a problem. Not admitting having hearing loss or the need to assert your rights to communicate.

Blaming - Not accepting responsibility for upholding your part of communicating, blaming others for not knowing what you need to understand, making fun of others.

Controlling the conversation - Always being the one talking in the conversation so that you don't have to worry about understanding what the other person says.

HAVE YOU EVER USED ANY OF THESE STRATEGIES?

	NO	YES	MAYBE	Example of when you did this...
Bluffing				
Negative thinking				
Avoiding				
Escaping				
Denying				
Blaming				
Controlling the conversation				

Negative communication strategies adapted by Karen L. Anderson PhD from *Coping Strategies Curriculum for Hard of Hearing*; Northern Illinois Association, 2000.

